

Greetings from The Monroe Institute!

Fall is here! The Monroe Institute is surrounded in red and gold falling leaves. Crisp mornings and gentle breezes. It's absolutely perfect in Virginia and we are grateful every day to come to work! We hope you will come and see us soon.

Thanks to your generous support we are able to do more while keeping our tuition reasonable for many who could not otherwise afford to attend a program. We continue to make strides in many other areas. Read more in this issue.



Monroe Institute Showcased in Art Exhibit

BEYOND: Virginia's Enduring Exploration of The Mind exhibit is a historic look at the Monroe Institute and the groundbreaking discoveries by Nelson County resident and Monroe Institute founder, Robert A. Monroe (1915-1995). Part visual and part experiential, viewers have the opportunity to experience a brief ten-minute guided meditation featuring Monroe audio technology specifically developed to quickly and easily facilitate deep relaxation.

The exhibit will be on display for the month of October at The Bridge Progressive Arts Initiative gallery in Charlottesville, VA.

Pictured: Ross Dunseath, TMI Research Director; Penny Harrison, TMI Development & Partnerships; Patty Ray, Artist & Trainer; Alan Goffinski, Executive Director, The Bridge; and Scott Taylor, TMI President and dressed in Monroe tartan.



BEYOND showcases the powerful exploration of human consciousness occurring in Virginia and includes organizations such as the Monroe Institute, The Association for Research and Enlightenment (founded by Edgar Cayce, 1877-1945), The University of Science and Philosophy, Division of Perceptual Studies, UVA, and Yogaville.

The exhibit is an opportunity to reach new audiences and the university community in Charlottesville, VA, our neighbor just 20 miles north of Monroe's campus in Faber, VA.

Pictured: The Bridge on opening night.



Revisoning the Future

Almost 50 years after Bob co-founded the Monroe Institute, we are still catching up with his vision. In October we celebrate the life and birth of sound pioneer, visionary, and co-founder Robert A. Monroe.

[Read the full blog](#)



Fabulous Food at Monroe

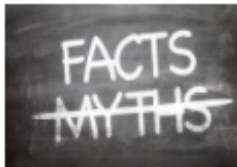
You asked and we listened! Our interim chef, Marc BrownGold, has turned things around in the Monroe kitchen with an exciting new menu with an array of luscious foods for every palette, including organic and gluten-free options. All beautifully presented at every meal. Our kitchen is becoming a favorite *foodie* spot for trainers and participants.



New Programs Recently Launched

Beyond Meditation: An Exploration of Consciousness

-- a 3-week online facilitated course that introduces the Monroe Institute techniques and practices to new audiences. ***Beyond Meditation Intro*** priced affordably at \$49. This new program will allow us to reach even more people interested in exploring higher consciousness.



Review of the Mind Mirror Summary

Fifteen years of gamma research by Mind Mirror practitioners, particularly at TMI, shows that people expanding into higher states of awareness physically feel or sense small gamma amplitude increases as low as half a microvolt (0.5uV). Such was the case during TMI's Discovery Program, as participants riding on gamma waves identified the target, traveled out-of-body, and entered mystical states of profound import to them.

Statistical column charts showed that **participants measured for Closing Baseline increased in at least one and often several of the three patterns measured on the Mind Mirror.** This strongly suggests that their brainwave pattern increases were the direct result of the SAM beats and their expansions into subconscious/unconscious and non-local, multi-dimensional awareness.

We Hope You Will Continue Making an Annual Gift to The Monroe Institute!

Your donations help in ways you cannot imagine.

Please make your tax-deductible donation today and help us reach our annual fund goal!

[DONATE TODAY](#)